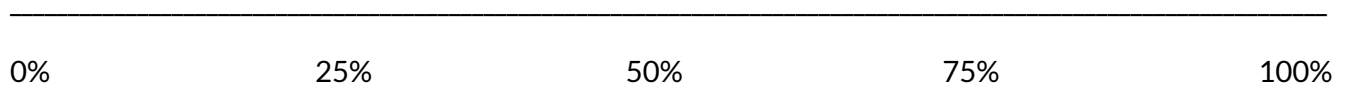


Goal Planner

Decide on a goal you would like to achieve and write it down. Remember to be specific and express your goal as something you *are* doing rather than something you *will* do.

Set a target date to achieve your goal _____

Using the sliding scale below, indicate where you are now in relation to your goal.



What will be your reward for achieving your goal?

Who is supporting you? _____

When will you review your progress? _____